

Potatoes, Creamed100

Number of Servings: 100 (90.72 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|------------------------|
| 20.00 | lb | Potatoes, drained, cnd |

Nutrients per serving

| Nutrition Facts | | | |
|--|-----------|---------------------|---------|
| Serving Size (91g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 50 | | Calories from Fat 0 | |
| | | % Daily Value* | |
| Total Fat 0g | | 0% | |
| Saturated Fat 0g | | 0% | |
| Trans Fat --g | | | |
| Cholesterol 0mg | | 0% | |
| Sodium 200mg | | 8% | |
| Total Carbohydrate 12g | | 4% | |
| Dietary Fiber 2g | | 8% | |
| Sugars --g | | | |
| Protein 1g | | | |
| Vitamin A 0% | | Vitamin C 8% | |
| Calcium 0% | | Iron 6% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Notes

* POTATOES: Weigh after draining; or each 2 cups of drained liquid = 1# and can be subtracted from canned weight.

OR can be made from

Fresh potatoes 15# = ~10 # EP potatoes; ie 1# AP = ~2/3# EP

IF FRESH POTATOES ARE USED, they can be boiled with 1 tsp salt for 25 servings for this recipe only because canned potatoes contain sodium and this is figured into the recipe

Drain canned potatoes and dice. Add to 3 quarts (12 cups) hot white sauce per 50 servings (OR ~1/4 cup/serv). Bring to a simmer, stirring often.

Serve 1/2 cup (4 oz ladle or #8 scoop) per serving = 1 vegetable.